THE

"SANITAS"

(Pine-Oxygen) Treatment

— OF —

CONSUMPTION

(PHTHISIS, TUBERCULOSIS),

AND

LUNG & THROAT AFFECTIONS,

— INCLUDING —

DIPHTHERIA, WINTER COUGH, INFLUENZA, BRONCHITIS, &c.

THE "SANITAS" COMPANY LIMITED,

Locksley Street, Limehouse, LONDON, E.

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PREFACE.

During the past half-century or more, fluctuating attention has been paid by Scientists and Medical Practitioners to the so-called "Pine treatment" of Tuberculosis and Lung and Throat Affections, but it is only within the present generation that the matter has been placed, from a chemical point of view, upon a really scientific basis, by investigations of which the accounts have been, for the most part, communicated to the Chemical Society of London at various times from 1874 onward by Mr. C. T. Kingzett, F.I.C., F.C.S. A full account of these investigations is given in his work entitled "Nature's Hygiene," 5th Edition (*Baillière, Tindall & Cox, London*, 1907).

Renewed medical attention has been recently given to the subject in Germany, where Eucalyptus Oil has been strongly advocated as a remedial agent. The fact, however, remains that Eucalyptus Oil is not such a good agent for this treatment as ordinary Oil of Turpentine, whilst "Sanitas Oil," which combines in itself all the active chemical products which are generated naturally in Pine and Eucalyptus forests, is, by reason of its chemical constitution, far and away the best remedy.

THE

(PINE-OXYGEN) TREATMENT

OF

CONSUMPTION

(PHTHISIS, TUBERCULOSIS),

AND

LUNG & THROAT AFFECTIONS,

Including DIPHTHERIA, WINTER COUGH, INFLUENZA, BRONCHITIS, &c.

FOR many years the salubrious character of the atmosphere of Pine and Eucalyptus forests has been recognised, and advantage has been frequently and successfully taken of its invigorating and restorative properties by persons suffering from diseases of the lungs and throat. In America, parties are often formed to camp out in the Pine forests for a time, whilst nearer home, the Pine groves of Arcachon, and the forests of Russia and Norway, have furnished many direct instances

of the efficacy of this class of forestry in the promotion of health.

Few people consider, as they walk across the fields or through the woods, of what use are the Pine, Spruce and Balsam trees. They are beautiful, certainly, but they have a far higher mission: they are Nature's Disinfectors. Deep draughts of their grateful balsamic odours are taken in with delight, without pausing, perhaps, to reflect that the sweet odours arise from the presence in the air, of certain chemical products, which are given off from these trees, and that these products help to counteract and destroy the reeking miasma of the marsh, and the deadly poisons that escape into the air from the drains, the waste pipes, the sinks, the foul cellars, the badly-trapped closets, the garbage and the decaying vegetable and animal matters of our cities and villages. So, however, it is, and "Sanitas Oil" supplies in our dwellings precisely the same qualities. The nearer Science gets to Nature the better she acts, and in this instance she is absolutely identified with Nature.

The well recognised property of the atmosphere surrounding Pine trees had, from the first, been associated with the volatile emanations which are given off from the trees, but the precise relation between Pine and Eucalyptus products and their healthful influences remained undiscovered until Kingzett's investigations placed the matter upon a satisfactory scientific basis. By these it was proved that the Oils of Turpentine and Eucalyptus which are contained in these trees are volatilised into the atmosphere and there undergo

oxidation in the presence of atmospheric moisture, yielding a peculiar substance which he has termed Camphoric Peroxide. It is this Camphoric Peroxide which constitutes the most active principle generated naturally in such forests, and this is equally true of Camphor forests.

A remarkable property of Camphoric Peroxide is that in contact with water or aqueous vapour, it undergoes a chemical change, giving rise to the production of another substance known as Peroxide of Hydrogen, a compound which for many years was confounded with so-called "Ozone" and with which it shares most valuable oxidising qualities. The chemical reaction just referred to may be represented by the following equation:—$C_{10}\ H_{16}\ O_4 + H_2\ O = H_2\ O_2 + C_{10}\ H_{16}\ O_3$; that is to say, the action of water upon Camphoric Peroxide produces Peroxide of Hydrogen and Soluble Camphor.

The chemical principles which are generated naturally in Pine and Eucalyptus forests, and which are contained in a concentrated form in "Sanitas Oil," are powerful germicides and oxidising agents; that is to say, they have the power of killing the microbes of disease,* including those which, there is now reason to believe, are the direct cause of so-called consumption, and herein lies the clue to that benefit which consumptive patients derive by residence in the neighbourhood of Pine forests. The seat of the disease is reached by the Pine vapours passing into the system through the trachea and bronchi.

* See the Special Reports upon this subject, pages 18 to 20.

A full account of Kingzett's researches has been published in his work on "Nature's Hygiene," 5th edition (Baillière, Tindall & Cox, London, 1907), and to that work we must refer readers for complete scientific details.

It will suffice here to state that since these investigations were first published, all sorts of Pine and Eucalyptus preparations have been placed upon the market; but none of them contain the real active principle to which we have referred, excepting only "Sanitas Oil," a preparation which is made in our factory, by a process which is conducted in exact imitation of that which occurs naturally in Pine, Eucalyptus and Camphor forests.

Too much stress cannot be laid upon the fact that raw Turpentine and Eucalyptus Oil, no matter what be the variety, lack the valuable properties which are found to be identified with "Sanitas Oil."

In the light of this explanation, it is easy to understand the benefit that sufferers from lung affections derive by residence in the neighbourhood of Pine forests. While, however, by reason of the cost, the fortunate few, only, can have recourse to such natural advantages, science has now placed within the reach of all—even the poorest—the means of inhaling the same healthful exhalations in their own homes. All that is required, is to evaporate from the surface of boiling water, a quantity of "Sanitas Oil," and to breathe the vapours that are generated.

There is this further material difference, however, between breathing the natural atmosphere of Pine woods

and inhaling the fumes of "Sanitas Oil," viz., that the one is excessively diluted by the ordinary air, whereas the other gives off a concentrated vapour which is otherwise unattainable, and so it follows that far more benefit may be derived from making use of the great natural remedy which is provided in "Sanitas Oil."

It has been stated above, that of the many so-called Pine preparations now in the market, there are none other than "Sanitas Oil" which contain the active principles already referred to, and this is proved by the fact that none of them, excepting "Sanitas Oil," are capable of *immediately* giving rise to the production of a sensible amount of Peroxide of Hydrogen when placed in contact with water.

The value of "Sanitas Oil" for the treatment of lung and throat diseases does not, however, rest upon a merely scientific (theoretical) basis: it has been demonstrated again and again in hospital and private medical practice, as a perusal of the following reports by medical men and others will show.

"Sanitas Oil" can also be applied to the throat and nostrils by means of an atomiser, and used in this way it has proved of marked benefit in the treatment of Diphtheria, while it is no exaggeration to say that a vast number of persons owe the prolongation of their lives to the timely use of "Sanitas Oil," applied in various ways.

With particular respect to diphtheria, certain experiments recently carried out in one of the leading London

Hospitals have proved that ordinary "Sanitas Fluid" is unusually fatal to the diphtheria germs: exposure for five minutes to the action of a 20% solution, or exposure for ten minutes to a 10% admixture with water killed them entirely when present in a diphtheritic membrane.

We have received numerous communications testifying to the wonderful curative action of "Sanitas Fluid" in respect of diphtheritic throats, correspondents assuring us that treatment by this Fluid as a gargle and with a spray has frequently resulted in the saving of human life.

In cases of ordinary or infectious sore throat, immediate relief is always obtained by gargling with a mixture of one part "Sanitas Fluid" with twice its own quantity of hot water, and if the gargle be used several times a day a cure is invariably effected.

The more general way of applying "Sanitas Oil" consists in evaporating it from the surface of boiling water and inhaling the fumes which are generated. For this purpose, it suffices to use an ordinary kettle or saucepan, but the "Sanitas Fumigator" (which has been especially designed for the purpose) presents great advantages.

The vapour of "Sanitas Oil" is absolutely non-poisonous, and it does not damage articles of clothing and furniture in any way.

The following woodcut shows the "Sanitas Fumigator," and a few words will serve to describe how it should be used.

To avoid the risk involved by using inflammable spirit at night-time with the "Sanitas Fumigator," we have arranged with Messrs. Clarke's Pyramid Night Light Co. Ltd. to supply us with their "Fairy" Night Lights for this purpose, and can supply same in boxes of ten lights, complete with glass container. When used in this way the "Sanitas Fumigator" will give five to six hours' continuous supply of vapour with absolute safety.

The price of the "Fairy" Lights is **1/6** per Box complete.

2/6

EACH.

The cup should be filled with boiling water up to the stamped out lines, and a small quantity (from a few drops to a teaspoonful) of "Sanitas Oil" poured on top of the water, and the spirit lamp below, lighted. So soon as the water boils, the "Sanitas Oil" comes off with the steam in the form of vapour, and this, as it issues from the appliance, should be breathed; that is to say, it should be swallowed or inhaled, passing into the lungs and then back through the nose. For the treatment of lung and throat affections generally, recourse should be had to this practice several times a day, and in bad cases, as also in cases of asthma, the Fumigator should be kept continually at work, using a night light instead of the spirit lamp, so that the air of the room is kept constantly

charged with the vapour of the "Sanitas Oil." Of course it is necessary to replenish the water and "Sanitas Oil" in the cup from time to time, great care always being taken to guard against fire, because the *Oil is inflammable;* but there is no danger from the use of the Fumigator if ordinary care be observed. The cup container should be washed out every time after use, care being taken to get rid of all the sticky matter that forms at the bottom of the cup when in use. If necessary a little turpentine or methylated spirit on a cloth may be employed for wiping out the container. When in use the apparatus should always be placed in a wash-hand basin.

Apart from the value of "Sanitas Oil" as a remedial agent for the treatment of all lung and throat affections, it is singularly effective in preventing the spread of all infectious diseases, inasmuch as it is a powerful germicide and disinfectant. (*See* Reports in following pages.)

A perfect Pine bath can be made by adding a table-spoonful or more of "Sanitas Soluble Oil"* to the bath of hot water. (*See* p. 29.)

Among the many so-called "Pine" preparations there is none so effectual also in the treatment of rheumatism as "Sanitas Oil."

Directions for use in respect of these several applications will be found in the following pages.

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*A preparation derived from the ordinary "Sanitas Oil" making it miscible with water.

"Sanitas Oil" and "Sanitas Soluble Oil" are both sold in 4-oz. bottles at 1s., and in pint bottles at 4s. each, also by the gallon at 15s., and can be obtained from any chemist, or in case of difficulty will be supplied direct from the manufacturers.

The "Sanitas Fumigators" are supplied at 2s.6d. each.

As supplementary to the use of "Sanitas Oil" and the "Sanitas Fumigator" already described, there are many cases in which relief and benefit are derived by the employment of the "Sanitas Inhalers," of which descriptions will be found on pp. 27 and 28.

Other useful agents in the complete armamentarium are "Sanitas Air Purifier," the "Sanitas Eucalyptus (Automatic) Disinfectors," "Sanitas Embrocation," "Sanitas Pastilles" and the "Sanitas Pocket Spittoon."

The following article has recently appeared in a daily paper, and we commend its perusal to all who are interested in this important subject. It is a simple, true and entirely spontaneous story of the benefits that may accrue from the "Pine-Oxygen" Treatment of Consumption.

Cases containing a full assortment of the foregoing articles, are supplied at **12s. 6d.** *carriage paid to any address in the United Kingdom.*

The following Article appeared in "The Birmingham Daily Gazette," *of July 15th, 1903, and the patient who gave us permission to publish his name, was* Mr. W. A. Wise, *of Upper Parkstone, Dorset.*

MORE HOPE FOR CONSUMPTIVES.

I am one of the thousands of unfortunate beings who are engaged in a life and death fight with that insidious fiend—the tubercle or germ of consumption, and I have to confess that until a few weeks ago the microbes had the upper hand. But it is not my intention to air my woes in this article. My object is to tell unfortunate sufferers like myself of a simple treatment I have recently lighted upon which has greatly benefited me, and which, I have had undeniable proof, has in numbers of cases wrought most surprising and decided cures.

Most people, if asked nowadays, "Is there a cure for consumption?" would answer, "Yes, if you can afford to undergo the long treatment in an Open-Air Sanatorium." Here is the difficulty. How many of those stricken with this almost hopeless malady can pay three, four, or five pounds a week, and even more for food and treatment alone with perhaps a far away home to keep up, for anything from three to eighteen months, and very frequently even a longer period. Further, many people (doctors among them) consider the Open-Air treatment too drastic, too heroic, and it certainly is becoming so judging from an incident, or, perhaps, I should say an accident, which occurred at one of the South of England Open-Air Homes recently. Early on one of the very bleak mornings we experienced about Easter, a patient was induced to walk the lawn in front of the home *barefoot*. He died from pneumonia within the week. Surely this is a kill or cure treatment. Then it would

be certain death for many consumptives, owing to susceptibility to bronchitis, pneumonia, pleurisy, &c., to take even the rational open-air treatment. Here comes in the treatment I want to let consumptives like myself, not over-blessed with worldly goods or physically unfit to take the open-air course, know about. In a nutshell my present doctor's treatment is **SOAK THE PATIENT IN OXYGEN.** That, of course, isn't the way he would put it, but that is what it amounts to, Everybody now agrees that oxygen is the most effectual destroyer of the consumptive tubercle; so this treatment says, no matter how, get oxygen, the open-air, of course, for preference, but when you can't get oxygen in the open-air, get it artificially. This is done by impregnating the atmosphere of the room occupied by the patient with "Sanitas Oil," which contains active oxygen in a chemical form of combination. The odour of the oil is most agreeable and soothing, and it has what every consumptive will consider an inestimable property—it whets the appetite.

It may be asked, if there is so much virtue in the treatment, "Why have we not heard of it before?" Well, it was heard of years ago, but has been overlooked to some extent. A well-known scientific chemist (Kingzett) first of all identified the active agent that is generated in pine forests, and the recent application of this oxygenated product to the treatment of consumption is the work of the doctor now attending me. But the etiquette of the English medical profession prevents English doctors making widely known many things they discover for the relief of suffering humanity. In other countries they are less particular, and consequently the world benefits. Another reason why the treatment is not better known is perhaps because many medical men

would think it about time to "shut up shop" if they could not prescribe "the mixture as before" or "one tablespoonful three times a day; shake the bottle." The beauty of the oxygen-day-and-night treatment that I recommend is that the patient takes little or no drug medicine, and I can speak from my own personal experience that since I **threw physic to the dogs** and discontinued the poisons prescribed by previous doctors in favour of this oxygen treatment, I have improved amazingly. This in spite of the prophecy of the former doctor, who said if I discontinued his treatment I might order my "six foot of freehold." I now order my daily bath-chair instead.

It may be asked, does the treatment work a cure? Well, from persons I have seen who have been cured by it, I can say that it is as much, and, indeed, more a cure than "The Open Air," for when an open-air patient returns home cured—if he is ever able to live in a smoky town again—he has to continue the wide-open window practices, whatever the weather, and it may be imagined how his friends relish a hot meal with the dining-room window thrown wide open and snow falling. As to the oxygen cure, I know a man who 14 years ago was repeatedly pronounced by several doctors an incurable consumptive, and besides tuberculosis in both lungs he had a large abscess on the left lung, He was treated by the doctor who is now treating me. He was so far cured that he has never been really ill since; he has reared a large healthy family, and works in a brickyard winter and summer, from five and six in the morning till sunset.

I hold no brief for the treatment. I simply want to tell other victims of this horrible disease of something I have found which I believe has saved my life.

RULES FOR CONSUMPTIVE PATIENTS,

AND

THOSE LOOKING AFTER THEM.

Prepared by ARTHUR F. G. CODD, M.B., Medical Officer of Health, Urban District Council of Bromley.

Consumption is always caught either from a person who is suffering from the disease or through infected air, milk, and possibly meat.

The spread of consumption can be largely prevented, yet it is one of the most fatal diseases, causing one death in every ten in England.

It is not inherited, but some persons are born with a constitution which strongly favours their catching consumption, although it is not born with them — such persons ought to be very careful to avoid exposure to the disease. If one in the family is consumptive, the other members of the family, having probably a similar constitution, if they are brought into close contact with the patient and do not observe the necessary precautions, will be very liable to contract the disease.

Intemperance, overcrowding, bad air, darkness, dampness, colds, sore throats, and many other diseases make people liable to take consumption by weakening their constitutions. Good health is the best protection against the disease. Consumption is caused by "germs," which are very small seeds which exist in the diseased lungs and in the spit of the patient.

These germs may also cause disease of other parts of the body besides the chest, such as the bowels, especially in children, who are often attacked if infected milk is used. All milk should therefore be boiled, by which the germs are killed. If the necessary directions be obeyed, there need be no serious danger from living with or being in the company of persons suffering from consumption.

The disease cannot be caught from the breath or skin.

The chief cause of infection is the spit of the consumptive patient. The great danger lies in the drying of this spit and the blowing about in the air of the germs, which in this way find an entrance to the lungs of others.

The patient should never spit upon the streets, on the floor, or into a handkerchief. He should spit into a jar or cup containing some strong disinfectant.

The vessel should be changed once in twelve hours or oftener It should be cleansed by being filled up with boiling water. The combined contents should be poured down the w.c. The vessel should then be washed with boiling water.

When the patient is out of doors he should use a special spit bottle to be carried in the pocket—this can be bought for a small sum. It should be used and cleansed like a jar.

If a handkerchief or any article of clothing has been soiled with spit, it should be boiled and washed as soon as possible. Squares of rag or paper may be used for convenience, and should be burned after use.

The phlegm should on no account be swallowed, for thereby the disease may pass to other organs.

No spoon, cup, or other article which has touched the

mouth of a consumptive person should be used by anyone else until it has been carefully washed.

No one who is consumptive ought to kiss or be kissed except on the cheek or forehead.

A consumptive mother should not suckle her baby.

If phlegm has been accidentally deposited on the floor or other object, it should be wiped up and burned, and the surface of the object cleansed with some strong disinfectant.

In cleansing rooms, damp dusters should be used, and wet tea leaves or sawdust should be put down before sweeping, so that the dust will be removed without being spread through the air. The dusters should be boiled and the sawdust or tea leaves burned.

Rooms which have been long occupied by a consumptive patient should, before occupation by someone else, be carefully disinfected as after other infectious disease.

The disinfection of the room will be done by the Local Health Authority on notice being sent to the Sanitary Inspector.

Fresh air is the food of the lungs, therefore see that the lungs be not starved.

By Day.—The patient should occupy as airy a room as possible. It must be scrupulously dry, and, preferably removed from the ground. The window should be freely open. When able, the patient should be out of doors once or several times during the day. He must avoid over-effort or damp, or chill, which would counteract the benefit.

By Night.—He should sleep alone. The bedroom should be large and airy. The window should be kept open, less or more, according to the season.

GERMICIDAL ACTION OF "SANITAS OIL."

Some few years since Mr. C. G. Moor, M.A. (Cantab.) F.I.C., F.C.S., made a very careful investigation of the value of "Sanitas Oil" as a Bactericide and the following observations are taken from his report on the subject.

Silk threads previously infected with cultures of Cholera, Diphtheria and Typhoid germs were exposed in "Sanitas Oil" for definite periods, and it was found that in all cases the whole of the germs were destroyed, even in the short space of one minute or less.

He next proceeded to ascertain the **strength** of the Oil required to ensure the death of the above-named bacteria in a given time—and in the following experiments the time of exposure of the bacteria to the action of the disinfectant was in all cases ten minutes.

As the Oil is not readily miscible with water, the "Sanitas Emulsion" which contains 45 per cent. of "Sanitas Oil" was employed.

Actively growing broth cultures of Cholera, Diphtheria, and Typhoid germs were shaken up with quantities of "Sanitas Emulsion," and it was found, on subsequent testings, that all the germs were entirely destroyed within a period of ten minutes, even when the mixture contained such a small quantity as five per cent. of "Sanitas Oil,"

thus attesting the very powerful germicidal properties of that substance.

Having a culture of Bubonic Plague brought by a student from Hong Kong, Mr. Moor tried the effect of "Sanitas Oil" on it also: the bacillus was killed by a ten minutes' exposure to a strength of 33 per cent. of the Oil in emulsion form—the only strength tested.

Dr. Eli Grimes, M.D., Bacteriologist to the Iowa State Board of Health, has also tested the germicidal properties of "Sanitas Oil."

Dry Tubercular Expectorate, Dry Typhoid and Diphtheria Bacilli were placed under a large bell jar, a sponge steeped in or wrung out of the Oil was placed in the jar (but not in contact with the preparation), and at the end of 20 hours all the bacteria were found to be destroyed.

The air in a room is sterilized by vaporizing "Sanitas Oil" in it, but as the air is contaminated by the particles of dust that cling to every object in the room, it will be seen that the air is all the while receiving a new supply of bacteria. In a living room the number of bacteria was found to be reduced 82 per cent. by evaporating the "Sanitas Oil" from the surface of boiling water.

Two series of determinations were made:—First while water only was being boiled in a small dish in the room, the number of bacteria in the air was determined. The other determinations were made while everything was under the same conditions, but "Sanitas Oil" added to

the boiling water. The result was as stated: a reduction of 82 per cent. in the number of bacteria floating in the air.

John E. Weeks, M.D., late Instructor in Bacteriology at the New York Post-Graduate School, &c., has also determined—see *Medical Record*, August 3rd, 1889—with respect to the Staphylococcus Pyogenes Aureus and the Typhoid Bacillus, that—

> "Sanitas Oil" destroyed their vitality in exposures of 20 seconds.

TESTIMONIALS.

Lung and Throat Complaints

The inhalation of "Sanitas" vapour is especially valuable, as a remedial agent, in relaxed sore throat, in diphtheria, in nasal catarrh, in ozœna, in deafness arising from obstruction of the eustachian tubes by inspissated mucus, in asthma, in bronchitis (particularly the chronic form), in pneumonia (greatly diminishing the offensive odour of the breath and sputa), in phthisis, and in all infectious diseases—scarlet fever, small-pox, measles, &c. . . .

. . . . . .

One advantage of the "Sanitas Fumigator" which must not be overlooked is that the atmosphere of the patient's room can be kept constantly charged with "Sanitas" vapour, so that the patient can continue to breathe the soothing healthful fumes for any period that may be desired. In the case of persons suffering from any infectious disorder, this is a point of no small importance to those in attendance upon the patient, as well as to the sufferer himself, as the risk of the affection being communicated is reduced to a minimum by the disinfecting properties of "Sanitas." The benefit which accrues to asthmatics, and other persons affected with lung disease, from permanently breathing an atmosphere constantly charged with "Sanitas" vapour, is also considerable.

Extracts from a work "On Affections of the Lungs and Throat and their Treatment by Inhalation," by
WILLIAM ABBOTTS, M.D., M.R.C.P. & M.R.C.S. (Lond.).

Phthisis.

I am using "Sanitas" Inhalations in several cases of phthisis, with very favourable results.

M.D.

General.

No drug has given me greater satisfaction than "Sanitas Oil."

FRED. W. GIBBON, M.R.C.P., L.S.A.

Throat Affections.

I prescribe "Sanitas Oil" daily, and reported favourably on its use to the Collective Investigation Committee (British Medical Association). I think very highly of it in all throat affections.

M.B., M.R.C.P.
(Name withheld by request.)

Asthma and Bronchitis.

You were good enough to send me your book of the Pine treatment some time back and having deep occasion for a remedy for Asthma and Bronchitis, I yesterday purchased your Fumigator and "Sanitas Oil." I immediately applied it. The patient had been suffering intensely for a couple of days, but to my astonishment, in twenty minutes after fumigating close to, the relief was magic. I have only used it once since, yet the improvement is not only maintained but greatly increased. I shall always recommend it.

JOHN GROUT,
5, WYE TERRACE, HEREFORD,
April 5, 1901.

Influenza Epidemic, 1890.

A correspondent found menthol snuff very useful in relieving the symptoms at first, but found "Sanitas" used as a spray or with vaporiser more generally effective, both in relieving the symptoms and preventing the spread of the disease.

HOSPITAL GAZETTE, *January*, 1890.

Skin Diseases and Throat Troubles.

NEW YORK, *January 7th*, 1889.

I use "Sanitas Oil" for many skin diseases and for some throat troubles as a spray.

F. G. WELCH, M.D.

Inhalations

Mr. Kingzett drew my attention some little time ago to his valuable antiseptic, "Sanitas," which he says acts more strongly than Eucalyptus.

I should think that the Antiseptic Air Apparatus might be advantageously charged with "Sanitas" instead of Eucalyptol, if the odour of the former was preferred.

A. W, MAYO ROBSON, F.R.C.S.
Assistant Surgeon to the Infirmary, Leeds.

Fumigations.

I have used your "Sanitas Oil" to fumigate sick rooms (with the Fumigator sent out by yourselves) in infectious cases and others, and have found it very pleasant and salutary. In scarlet-fever cases I found it especially useful, as, by the use of the Fumigator, I could keep my little patient in an atmosphere fully impregnated with the "Sanitas," and I believe with the most satisfactory results. I have also used the "Sanitas Oil" mixed with iodine and camphor in catarrhal affections of the lungs and in phthisis, by inhalation, with most marked benefit.

Catarrhal Affections and Phthisis.

E. CROCKETT, F.R.C.S.E.

Pulmonary Affections.

Writing of "Sanitas Oil" in his work entitled the "Antiseptic Dry-Air Treatment of Consumption," Dr. John J. Hartnett says:— "The atmosphere, in a dry state, can be thoroughly saturated with this excellent inhalent, which is volatile, pleasant to inhale, germicidal in its action, and undoubtedly possessed of great healing properties when brought into contact with the diseased pulmonary tissue."

Bronchitis.

I would also like to add a special commendation of the "Sanitas Oil"; not long ago I experienced a sharp attack of bronchitis, and as your Oil professed to be useful in such cases I gave it a trial. The result was eminently satisfactory; immediately on inhaling it I was relieved of a large quantity of mucous membrane, which not only, of course, afforded me grateful relief, but left a comforting healthy glow in my system. The relief I experienced was so immediate that I feel it but due to my fellow-sufferers to record the undoubted success the use of "Sanitas Oil" proved in my case.

E. Simons, *Major*.

Health.

To breathe "Sanitas" is to breathe health.

Gordon Stables, C.M., M.D., R.N.

Phthisis and Bronchorrhœa

I have found the inhalation of "Sanitas Oil" peculiarly useful in cases of phthisis and bronchorrhœa. After trying many other drugs, I now use nothing else for antiseptic inhalation with the skeleton respirator made for me by Messrs. Arnold & Son. Four or five minims of the Oil dropped on the lint will diffuse a sufficiently strong vapour in front of the mouth and under the nostrils to render the inhaled air perfectly aseptic, and to introduce an antiseptic vapour into the bronchi. When used several times a day, for periods each of half an hour's duration, the "Sanitas" exercises a beneficial effect in the course of the disease. In spasmodic affections, such as asthma, the inhalation gives great relief.

Asthma.

M.D.
(Name withheld by request).

Abscess of Lung.

In a case of abscess of the lung in a child, with most horrible fœtor of breath permeating the room, I was much pleased with the action of "Sanitas Oil," as fumigation and inhalation, in counteracting the odour.

Rd. Petch, M.D. Lond.

Whooping Cough.

The "Sanitas Oil," in combination with oil of cloves, I find makes a good embrocation for whooping cough; to rub the spine and chest twice daily answers capitally.

F. Rawle, M.R.C.S., &c.

Congestion of Lungs.

I acted upon your recommendation and have burned a teaspoonful of "Sanitas Oil" every night for the greater part of the time since, except during the summer, with the result that my wife's health has been greatly benefited, and indeed she has had no return of congestion since.

I also recently got a relative to try it, and the result has been very beneficial. *(Name withheld by request.)*

Sore Throat.

As I have very great faith in "Sanitas Oil," I thought I would try it on my wife, who has for some years suffered from sore throat, accompanied by loss of voice at the commencement of the cold season. I began to look upon it as a regular thing every winter; nothing did her any good. I made her inhale the fumes, and rub her throat and chest with the "Sanitas Oil," mixed with a little sweet oil. She did this for a week, and was perfectly cured. This is simply a fact, and I have very great pleasure in telling you of it. J. H. SWINDELLS, Ph.D., D.Sc.

Bronchial Inflammation.

For surgical dressings I have used the "Sanitas Oil" diluted with nut oil *(Arachis hypogea)* with much satisfaction, and also as inhalation in bronchial inflammation.

Chief Medical Officer, Colony of Fiji.

Bronchia Catarrh.

I wish to testify to the very great benefit received from inhalation of "Sanitas Oil" through hot water in case of bronchial catarrh of many years' standing. (Mrs.) ANGUS CAMPBELL.

Whooping Cough.

Writing of whooping cough Dr. Candler states:—The vapour from a few drops of "Sanitas Oil" poured upon water in an old tin vessel and kept boiling upon a gas or spirit stove will, if inhaled, afford marked relief to the child during the suffocative night attacks. In a pretty wide experience at home, as well as professional, I have found no other agent to give such prompt and certain results. —*Extract from Article by* Dr. GEO. H. CANDLER, *of New York, in "Medical Summary" of Philadelphia, March*, 1900.

DIRECTIONS FOR USE OF "SANITAS OIL."

Phthisis, Tuberculosis, Bronchitis, Sore Throat, Winter Cough, Whooping Cough, Diphtheria, Asthma, Influenza, and Pneumonia.—Sufferers from these complaints should freely inhale, several times a day, the vapours generated from boiling water upon which some "Sanitas Oil" has been placed. The "Sanitas Fumigator" (price 2s. 6d.) has been specially designed for this purpose, and full instructions for its use are supplied therewith and on the next page.

Fumigation of a sick room or dwelling is effected by placing a tablespoonful (more or less, according to the size of the apartment) of the "Sanitas Oil" upon some water in a saucepan or kettle and boiling the mixture so that the fumes escape freely into the apartment; or, better still, the "Sanitas Fumigator" should be used.

Pine Bath.—A most perfect Pine Bath may be made by adding a tablespoonful or more of "Sanitas Soluble Oil" to the usual bath of hot water. (*See p.* 29.)

To Purify the Air of dwelling rooms, place in saucers a small quantity of "Sanitas Oil," or sawdust over which the Oil has been sprinkled.

Rheumatism.—Well rub in night and morning, on the parts where pain is experienced, "Sanitas Oil" alone, or mixed with 3 or 4 parts olive or sweet oil if it causes any irritation when used pure.

"Sanitas Oil" may be had in **1s.** *(4-oz.) or* **4s.** *(pint) bottles or by the gallon at* **15s.**

THE "SANITAS FUMIGATOR."

(*Illustrated on* p. 9.)

DIRECTIONS FOR USE.

1. For Inhalation in Cases of Phthisis, Pneumonia, Diphtheria, Bronchitis, Asthma, and all Complaints of the Throat and Lungs. — Use the "Sanitas Fumigator," employing *ordinary* "Sanitas Oil," after the manner described in following paragraph. The inhalation of the fumes as they issue from the Fumigator, or even of the fumigated air in the room, will give great relief and comfort to sufferers, and prevent the spread of the disease. For all-night use, a night light should be used instead of the spirit lamp, and the Fumigator cup should be charged, as in (2).

2. To prevent the spread of infectious cases and to Fumigate any ordinary Apartment.—Three parts fill the cup of the Fumigator with boiling water, add a tablespoonful of "Sanitas Oil," and then light the spirit lamp and place it beneath the said cup, extinguishing the lamp at will.

SPECIAL NOTICE.—The spirit lamp should be three parts charged with methylated spirit (which may be obtained from any druggist or oilman), and when the Fumigator is left alone at work in a room, it should be placed either in a wash-hand basin or upon a large dish or tray, out of the way of any clothing, &c., likely to take fire.

N.B.—For general disinfecting and bath purposes "Sanitas Soluble Oil" is now supplied which is not inflammable, and readily mixes with water, forming a milk. *For inhalations, the ordinary "Sanitas Oil" should be used.*

The "Sanitas Fumigators" are 2s. 6d. each. "Sanitas Oil" is put up in 1s. and 4s. bottles, and in bulk at 15s. per gallon. "Sanitas Soluble Oil" is also supplied in 1s. and 4s. bottles, and in bulk at 15s. per gallon.

THE "SANITAS INHALER."

(Patented), Price 2s. 6d.

This appliance consists of a specially constructed bottle filled with a prepared absorbent mixture, heavily charged with "Sanitas Oil," which is the active healthful principle formed naturally in pine forests.

The bottom of the bottle is indented like an ordinary wine bottle, and at the top of the cone underneath there is a small hole lightly plugged with cotton wool, so that when the mouth is applied to the inhaling tube, *a current of air is drawn through the contents of the bottle.* In this way the "Sanitas Oil" is volatilized from the very great surface which is presented by the absorbent mixture containing it, and the air is thus well charged with its vapour. The use of this apparatus constitutes an effective pine treatment of lung, throat and nasal complaints.

The vapour of "Sanitas Oil," which is thus inhaled, is not merely one of the most powerful germicides known, but it also acts as an oxidising agent by generating peroxide of hydrogen in contact with the mucous membranes of the respiratory passages. In this way all dangerous micro-organisms are destroyed and their toxic products rendered innocuous.

DIRECTIONS FOR USE.

Place the glass tube between the lips and freely inspire the air through the Inhaler, afterwards exhaling it through the nostrils for about five minutes, several times daily.

When required, the Inhaler may be renewed by removing the cork and tube and pouring on to the contents of the bottle a tablespoonful of "Sanitas Oil."

THE

"SANITAS POCKET INHALER."

This Inhaler is charged with "Sanitas Oil," and its use will be found of great benefit when away from home in connection with the prevention and antiseptic treatment of cases of Influenza, Catarrh, Hay Fever, Bronchitis, Winter Cough, Asthma, Croup, Whooping Cough, Diphtheria, Consumption, and all Lung, Throat and Nasal affections.

DIRECTIONS FOR USE.

Draw air through the tube, swallow it, and then exhale through the nose, for about five minutes several times a day.

Directions to revivify the Inhaler.—Charge it from time to time with a few drops of the "Sanitas Oil" which is contained in the bottle. Dip the drawn-out glass tube into the Oil, squeezing the teat at same time; then release the pressure, so that the Oil is drawn up into the tube. In this way re-charge the Inhaler with a few drops every few days.

Price **1s.** *complete in case, including small bottle of "Sanitas Oil" for re-charging.*

"SANITAS SOLUBLE OIL."

As the ordinary "Sanitas Oil" is inflammable, and cannot be mixed with water, it is also prepared in the form of "Sanitas Soluble Oil," which overcomes both these objections.

This preparation is miscible with water, and derives its intense germicidal and antiseptic properties from the presence of camphoric peroxide. It is also a very powerful oxidising agent, and being volatile at low temperatures, it may be employed as an air purifier, and for the generation of an antiseptic vapour.

"Sanitas Soluble Oil" may be used for Disinfecting and Fumigating purposes. For inhalation, *ordinary* "Sanitas Oil" is recommended in preference.

For making a Pine Bath at home "Sanitas Soluble Oil" is supreme.

DIRECTIONS FOR USE.

In the Bath.—The addition of "Sanitas Soluble Oil" to the bath and washing water (at will) imparts a most refreshing fragrance and gives the most delicious Pine Bath. Use from a teaspoonful to a tablespoonful.

Mouth Wash.—For washing the mouth and teeth, add a drop or two to the glass of water; it is strongly antiseptic and delightfully camphoraceous.

Scrubbing Floors.—Floors are disinfected and bleached by adding a few drops of "Sanitas Soluble Oil" to each bucket of water used.

"Sanitas Soluble Oil" may be had in **1s.** *(4-oz.) or* **4s.** *(pint) bottles or by the gallon at* **15s.**

"SANITAS POCKET SPITTOON"

For use by CONSUMPTIVES.

This Spittoon has the advantage over all other similar articles of being more compact; and so fits readily into the pocket. It is also very easily cleaned.

When in use, it is preferable to introduce a little "Sanitas Sawdust," which absorbs the spittle and removes any unpleasant smell which may arise from the phlegm of consumptives.

The Spittoon should be cleaned out every night or oftener if necessary. In order to do this, the interior case should be lifted out and the contents thrown on to the back of the fire; it should then be washed out with boiling water.

"Sanitas Sawdust" for charging the Spittoon is put up in 1/- *Tins.*

Price of the "Sanitas Spittoon" is 2/6 each.

"Sanitas Antiseptic Pastilles."

FOR LUNG AND THROAT AFFECTIONS.

These contain 5 per cent. of the natural active principle generated in Pine and Eucalyptus Forests.

The active principle is perfectly non-poisonous, intensely antiseptic, and a reliable germicide.

"Sanitas Antiseptic Pastilles" are quickly absorbed, and the human organism is thereby thoroughly impregnated with the antiseptic which they contain.

"Sanitas Antiseptic Pastilles" may be prescribed with great advantage in all cases of Lung and Throat Affections, Typhoid Fever, Cholera, Dysentery, Diarrhœa, Diphtheria, Bronchitis, Phthisis, and Urinary Disorders.

1/- Tins.

General Advice to Persons suffering from or in danger of Consumption.

Live a regular life and be careful to avoid all excess in the matter of eating and drinking.

Do not keep late hours at night, the more so, as the air of rooms becomes more and more impure as the evening goes on, and to breathe pure air is of the greatest importance. See that all your rooms (including the bedroom) are well ventilated, but be equally careful to avoid draughts.

Live out of doors as much as possible and take all the exercise you can possibly get without suffering from over-fatigue. Tennis and Golf are excellent games to play.

If you approve our system, make continuous and continual application of the

"Pine-Oxygen" Treatment.

LIST OF ARTICLES REQUIRED OR USEFUL

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OF

CONSUMPTION AND LUNG AND THROAT AFFECTIONS.

"SANITAS OIL" for Inhalation and Fumigation, 1/- and 4/- Bottles.

"SANITAS FUMIGATORS" for use with the Oil, 2/6 each.

"SANITAS INHALERS," 2/6 each (Pocket Form, 1/- each.)

"SANITAS SOLUBLE OIL" for making Pine Baths, 1/- and 4/- Bottles.

"SANITAS EMBROCATION," 8d., 1/- and 2/6 Bottles.

"SANITAS ANTISEPTIC PASTILLES" in 1/- Tins.

"SANITAS POCKET SPITTOONS," 2/6 each.

"SANITAS SAWDUST AND AIR PURIFIER," 1/- Tins.

Cases containing a full assortment of the foregoing articles supplied at 12s. 6d. carriage paid to any address in the United Kingdom.

THE

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PRESERVED PEROXIDE OF HYDROGEN,

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FULL DESCRIPTIVE PAMPHLETS

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